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Monday, April 17, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

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Tax March organizer dismisses president’s suggestion that someone paid for nationwide rallies. 4

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MCMASTER: TIME FOR TOUGH TALKS WITH RUSSIA

1 White House national security adviser H.R. McMaster said on Sunday it was time for tough talks with Russia over its support for Syria's government and its "subversive" actions in Europe. Speaking on ABC News' "This Week" program, McMaster said Russia's backing of Syrian President Bashar al-Assad's government has perpetuated a civil war and created a crisis that has bled over into Iraq, neighboring

countries and Europe. "So Russia's support for that kind of horrible regime, that is a party to that kind of a conflict, is something that has to be drawn into question as well as Russia's subversive actions in Europe," McMaster said. "And so I think it's time though, now, to have those tough discussions Russia." REUTERS

US WEIGHS OPTIONS AFTER N. KOREA MISSILE TEST

2 The U.S., its allies and China are working together on a range of responses to North Korea's latest attempted ballistic missile test, President Donald Trump's national security adviser said, citing what he called an international consensus to act. "We are working together with our allies and partners and with the Chinese leadership to develop a range of options," national security adviser H.R. McMaster said on "This Week." "This latest missile test just fits into a pattern of provocative and destabilizing and threatening behavior on the part of the North Korean regime," McMaster said. He said the president has asked the national security council to integrate the efforts of the Defense and State departments and U.S. intelligence agencies to develop options if "this pattern of behavior continues. REUTERS

TOP US COURT TACKLES RELIGIOUS RIGHTS

3 The U.S. Supreme Court is set this week to hear a closely watched case testing the limits of religious rights, and new Justice Neil Gorsuch's judicial record indicates he could tip the court toward siding with a church challenging Missouri's ban on state funding of religious entities. Gorsuch, who embraced an expansive view of religious rights as a Colorado-based federal appeals court judge, on Monday hears his

first arguments since becoming a justice last week. He will be on the bench on Wednesday when the justices hear the Trinity Lutheran case, one of the most important of their current term. Gorsuch, appointed by President Donald Trump, restored the Supreme Court's 5-4 conservative majority. REUTERS

5 THINGS YOU NEED TO KNOW

SATURDAY

SUNDAY

BABY BOY

4 After weeks of suspense, April the giraffe finally gave birth on Saturday to a baby boy, delighting hundreds of thousands of people who have been monitoring a live cam feed from a New York zoo in anticipation of the long-overdue event. April, who had been due to give birth in January or February at Animal Adventure Park in Harpursville, in western New York, was pregnant for at least 16 months, compared with the typical gestation period of 15 months, according to zoo officials.

REUTERS

IMAGES BY ANIMAL ADVENTURE PARK FACEBOOK

TURKEY'S ERDOGAN DECLARES VICTORY

5 President Tayyip Erdogan declared victory in a referendum on Sunday to grant him sweeping powers in the biggest overhaul of modern Turkish politics, but opponents said the vote was marred by irregularities and they would challenge its result. Turkey's mainly Kurdish southeast and its three main cities, including the capital Ankara and the largest city Istanbul, looked set to vote "no" after a bitter and divisive campaign. Erdogan said 25 million people had supported the proposal to replace Turkey's parliamentary system with an all-powerful presidency, giving the "yes" camp 51.5 percent of the vote. That appeared short of the decisive victory for which he and the ruling AK Party had aggressively campaigned. Nevertheless, thousands of flag-waving supporters rallied in Ankara and Istanbul in celebration. REUTERS

WELCOME TO METRO.US!

GARY KANE, SENIOR EDITOR

Are you just dying to know more about Britney Spears' boyfriend Sam Asghari? Well, he's quite a bit younger than Britney. But that's no surprise, right? Check out how they met and a few photos of her new beau at **metro.us/entertainment.**

PLAY TO WIN

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Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week.

metro.us/quiz

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Tax March organizers reject Trump's 'nonsensical' tweet that someone paid for rallies

On Easter Sunday, President Trump laid into the hundreds of thousands of protesters who called him "chicken."

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

The Tax March in New York "exceeded expectations," in both number of participants and in the hostile reaction from the president on Twitter, a rally organizer told Metro.

On Sunday, Trump tried to delegitimize the Americans who exercised their First Amendment right in the nationwide April 15 events demanding he release his tax returns. He lashed out on Twitter, accusing protesters of being paid to march and called for an investigation into who hired them.

"Someone should look into who paid for the small organized rallies yesterday. The election is over!" Trump tweeted at 6:13 a.m. on Easter.

"I did what was an almost an impossible thing to do for a Republican-easily won the Electoral College! Now Tax Returns are brought up again?" he followed up at 9 a.m.

About 25,000 to as many as 35,000 protesters poured onto New York City streets on Saturday, according to NYPD estimates, organizer Wes Shockley said. At least 125,000 people, a modest estimate based on Facebook RSVPs, are believed to have marched in more than 150 demonstrations held throughout the country, he said.

Protesters seized on chicken props to imply Trump is afraid to bring his finances to light. A follow-up event is planned on the actual Tax Day, April 18, outside Goldman Sachs offices to demand they pay their fair share in taxes.

To organizers, Trump's reaction indicated that the protests successfully conveyed their message.

"I think all of us are happy that he heard us, just for one simple reason, it's the point of protests," Shockley said. "Like all things Trump, his reaction becomes so erratic and nonsensical, and it further demonstrates the problem with his presidency.

"Obviously it got under his skin. In a way, it was also effective because it demonstrates his fundamental flaw as a leader."

Yet the marches accomplished more than provoking the president, Shockley said. They debunked Trump's claim that no one but the news media cares about his tax returns.

"Now along with the polls showing 74 percent of all Americans want to see his returns, there's an example of hundreds of thousands of people demonstrating it," he said.

Shockley said the Tax March will hopefully provide momentum for rallies planned for other issues, such as the Science March called for 500 cities across the globe on April 22, and the People's Climate March on April 29.

More than 25,000 protesters came out for the Tax March in NYC on April 15, 2017. TAX MARCH - NYC/FACEBOOK

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Check out the best Earth Day events to salute Mother Nature.

EVA KIS

Car Free Day DEPARTMENT OF TRANSPORTATION

Earth Day New York

Union Square is a rare pocket of greenery in the East Village, which makes it a perfect place to remember just how vital it is for everyone in the city to do their part at the annual green-themed fair. You'll get to meet the activists, businesses and environmental groups and learn how you can help, including signing up for green power (just bring a utility bill!) with the Earth Day Initiative, plus entertainment, games, and lots more.
Tuesday, April 18, noon-7 p.m., free, countto50.org

Virtual Arcade

Venture under the Antarctic sea, visit Pluto (you'll always be a planet to us!), communicate with dolphins and witness the effects of ocean acidification, all in virtual reality at the Tribeca Film Festival's festival-within-the-festival dedicated to the new frontier of filmmaking.
April 18-23, $40 for a three-hour pass to Virtual Arcade, tribecafilm.com

5K Green Tour

See some of the amazing green projects happening all around the city on this walking tour that could take you anywhere from a rooftop farm to inside some of the greenest (and best) restaurant kitchens in the city. Past tours have included lessons on healthy cooking and composting, so you'll be sure to walk away with some great tips to use at home. The tour even ends with lunch!
Friday, April 21, 10 a.m.-1 p.m., email info@earthdayny.org for details

Earth then and now

The Apollo astronauts' famous "Earthrise" photo inspired a whole generation of environmentalists. See our beautiful planet in a whole new way from right here on the ground at the American Museum of Natural History's Hayden Planetarium, which will host a special immersive Earth Day program that tells the story of our fragile world.
Friday, April 21, 8 p.m., free admission ($22), RSVP at amnh.org

Earth Weekend

The entire mission of Wave Hill, a splendid 28-acre park of trails, woodland and fields in the Bronx, is to "explore human connections to the natural world through programs in horticulture, education and the arts." This weekend, they're hosting tons of events to get you vibing with Mother Earth through landscape-inspired meditation, an art project about bees, up-close encounters with live insects and more.
All events free with admission ($8 adults, $2 kids), April 22-23, wavehill.org

Prospect Park

Join the Prospect Park Alliance at the Audubon Center for a day of outdoor activities, including catch-and-release fishing lessons, guided bird watching, orienteering with the Urban Park Rangers to find hidden markers in the park and a lakeside clean-up.
Free, April 22, noon-4 p.m., Prospect Park near the Lincoln Road entrance, Brooklyn, prospectpark.org

South Bronx Earth Fest

Get to know your community and help the earth at the same time at South Bronx Earth Fest, where you'll find green resources, GrowNYC's Stop N Swap to exchange clean, reusable items like clothing, housewares, books and toys; electronics recycling; plus games, live music, exercise classes, crafts, prizes and even free fresh food boxes (while supplies last).
April 22, noon-4 p.m., St. Mary's Park, St. Ann's Ave & 147th St, Bronx

Car-Free Day

On Earth Day, the Department of Transportation is once again giving back a three-mile stretch of Broadway from Union Square to Times Square to the real users of New York streets: pedestrians. This year, the project also includes parts of Brooklyn, Queens and the Bronx, with events like dance and musical performances, bike tours, pop-up parks, art walks, crafts, fitness classes and more.
April 22, 10 a.m.-4 p.m., carfreeday.nyc

ConSERVE NYC

Help keep Riverbank State Park beautiful by volunteering on Earth Day for surveying projects, creating wildflower seed starters, and painting and assembling new park benches. For all your hard work, there will be free breakfast and T-shirts, music, family-friendly games and activities and more.
April 22, 8:30 a.m.-1:30 p.m., West 145th Street & Riverside Drive, Harlem, facebook.com/studentconservativeassociation

Healthy you, healthy world

Healthy habits help the planet. With that in mind, head to the all-day wellness expo at 1 Hotel Brooklyn Bridge curated by MindBodyGreen including panel discussions with luminaries like astronaut Ron Gara, a group meditation in Brooklyn Bridge Park and rooftop yoga, plus food trucks and a marketplace of local vendors. The day wraps at 8 p.m. with a "multisensory performance" by Bella Gaia.
Free, April 22, noon-10 p.m., 60 Furman St., 1earthdaybb.splashthat.com

Wave Hill pollinators project JOSHUA BRIGHT

"Under a Cracked Sky" at Virtual Arcade ROB ROBBINS AND STEVEN RUPP, NEW YORK TIMES

Riverbank State Park FACEBOOK

1 Brooklyn Bridge Hotel PROVIDED

Earth Day New York 2017

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1:00PM	Press Conference	4:30PM	Lovehoney
3:00PM	Tamar Eisenman	5:15PM	Elsie & The Vibe
		6:00PM	Sinclair

Participate in our Earth Day 5K Green Tour on social media by following #earthday5k on April 21! Special thanks to Official Partner, Cantor Fitzgerald.

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Brooklyn SolarWorks	brooklynsolarworks.com
Cabot Creamery	cabotcheese.coop
Car Free Day	carfreeday.nyc
Catskill Animal Sanctuary	casanctuary.org
Center for Biological Diversity	biologicaldiversity.org
Climate Science Legal Defense Fund	climatesciencedefensefund.org
Commuter Benefit Solutions	commuterbenefits.com
Consolidated Edison	coned.com
Dopper	dopper.com
DSNY NYC Department of Sanitation	nyc.gov/recycles
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ÉCLAIR NATURALS	eclairnaturals.com
EcoTools	ecotools.com
Enterprise	enterprise.com
EPA	epa.gov
Food and Water Watch	foodandwaterwatch.org
Friends of Animals	friendsofanimals.org
Fuel Cell and Hydrogen Energy Association	fchea.org
Green Mountain Energy	greenmountainenergy.com
Health-Ade	health-ade.com
Honest Tea	honesttea.com
HoneybeeLives	honeybeelives.org
Hotel Association of NYC	committeeshanyc.org/sustainable-hospitality/
iHeartMedia	iheartmedia.com
kargoe	kargoe.com
Live More Adventures	livemoreadventures.com
Lower Eastside Ecology Center	lesecologycenter.org
March For Science NYC	marchforscience.nyc
Marina's Fun Faces	facebook.com/MarinafacepaintingNYC
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The Bronx Sole running group heads for one of the borough's historic sites. BESS ADLER

Bronx running group offers exercise with dash of history

Bronx Sole runners tour historic sites in the borough.

WENDY JOAN BIDDLECOMBE
@MetroNewYork
letters@metro.us

A pack of runners moved along Third Avenue and stopped outside the old Metropolis Theatre in the Bronx, where resident history buff Pedro Rivera reached for his iPad.

He turned to his fellow runners and read passages from the history of the theater, which opened in 1893 and was all but demolished in the 1940s. All that remains is the building's facade.

The runners meet every Tuesday as Bronx Sole, a group started last fall by Justin Mashia, 37, as a way to promote healthy living, but also to introduce Bronxites and other New Yorkers to the borough's history.

"People have a terrible vision of what the Bronx is," Mashia said. "The Bronx to me is the friendliest borough, but we get a bad rap. I think we can change that if we take it one Tuesday [run] at a time."

The runners meet off of the 149th Street subway stop. They run between three and four miles at a comfortable speed, with a pacer in the back to make sure no one is left behind.

After the runners snapped a few photos of the Metropolis Theatre, they moved on and stopped at Deegan's Rock, a marker that honors Maj. William Francis Deegan — a World War I veteran, architect and local politician — near the southern entrance to his namesake expressway.

"I used to meet people at that rock; I didn't know who the person was behind it," said Rose Garcia, 33, a marathoner and lifelong Bronxite who moved to Sunnyside, Queens, three years ago.

Garcia said she keeps coming back for Bronx Sole runs because she learns the stories behind the buildings and other landmarks that she saw growing up in Hunt's Point and near St. Mary's Park.

"The best run was probably when we went by my mom's house by the Bronx Brewery in Port Morris," she said.

Monique Nives, 34, traveled from her Brooklyn home for the second week in a row to run with Bronx Sole. She noted that the runs also show how the Bronx is changing.

> *"People have a terrible vision of what the Bronx is."*
> Justin Mashia

"You don't know what was there and what isn't there any longer," she said "I see all of these buildings going up and think, 'Wow, where are all of these people going to go?'"

Bronx Sole meets at 6:15 p.m. every Tuesday outside of G Bar, 575 Grand Concourse (at the northwest corner of 150th Street).

More information can be found at ***facebook.com/bronxsole***

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TRUMP'S AMERICA

TRUMP'S AMERICA: TWEET THIS ... IT'S COMPLICATED

OPINION

ELLIS HENICAN
@henican

Donald Trump loves his Twitter. Everybody knows that. He's been adamantly tweeting his gut reactions, 140 frantic characters at a time.

But with his first 100 days quickly winding down, our Twitter-happy president is suddenly finding refuge — on Facebook this time.

"It's complicated" is Trump's new go-to phrase.

That purposely opaque formulation has been employed by millions of Facebook users who want to duck the profile question: "Relationship status?" Instead of "married" or "single" or "in a relationship," they chose the classic two-word dodge: "It's complicated."

Well, check this out: From China to Obamacare, from Vladimir Putin to Kim Jong-un, our cocksure president is dishing up that very same Facebook obfuscation: It's complicated … far more complicated than I imagined … more complicated than anybody knew.

North Korea's nuclear threat? "After listening for 10 minutes" to Chinese president Xi Jinping, Trump told The Wall Street Journal, "I realized it's not so easy. I felt pretty strongly that they had a tremendous power over North Korea. But it's not what you would think." None of this is easy, he complained. "The magnitude of everything is so big, and also the decisions are so big, you know, you're talking about life and death."

And this comes as a major surprise?

We got our first glimpse of "it's complicated" as Trump was struggling to repeal and replace Obamacare, which he'd promised to do on Day 1. "Now, I have to tell you, it's an unbelievably complex subject," he told the nation's governors at the White House. "Nobody knew health care could be so complicated."

Actually, lots of people knew. Hillary Clinton. Barack Obama. Pretty much anyone who'd ever taken a breath in Washington over the past two decades. But it's not just health care. Lots of things are complicated down there. Immigration policy. The Middle East. Terrorism.

Nuclear proliferation. The march of technology. The decline in manufacturing. The role of China in our economy. The squeeze on working-class jobs. Tax policy. Social issues. Paying for stuff. You name it. It's all complicated.

If these problems were easy, don't you think they'd have all been solved years ago?

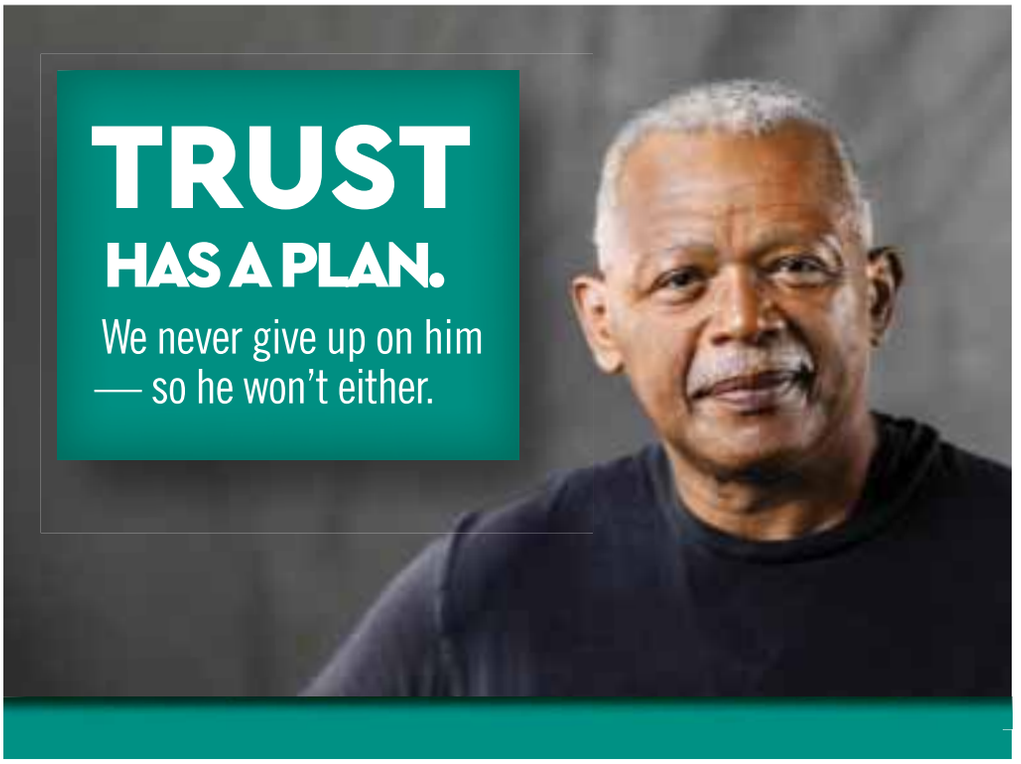
Metro columnist Ellis Henican is a veteran journalist, best-selling author and frequent commentator on CNN and other TV networks. Follow him on Twitter @henican.

DO YOU AGREE?

Tell us what you think!

@MetroNewYork

President Donald Trump is finding that many domestic and foreign issues are complicated. GETTY IMAGES



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Saudi banks, bin Laden companies face $4.2 billion U.S. lawsuit by 9/11 insurers

More than two dozen insurers affiliated with Travelers Co. Inc. have sued two Saudi banks, companies affiliated with Osama bin Laden's family, and several charities for at least $4.2 billion over the Sept. 11, 2001, attacks.

The lawsuit filed in the U.S. District Court in Manhattan is the latest effort to hold entities in Saudi Arabia liable for the attacks.

Nearly 3,000 people died when hijacked airplanes crashed into New York's World Trade Center, the Pentagon and a Pennsylvania field.

The 10 defendants in the lawsuit include Al Rajhi Bank, National Commercial Bank, aviation contractor Dallah Avco, the Mohamed Binladin Co, the Muslim World League, and other charities.

They were accused in the lawsuit of having "aided and abetted" the attacks through a variety of "activities in support of al Qaeda" in the years leading up to them.

"But for the assistance provided by defendants," the lawsuit said, "al Qaeda could not have successfully planned, coordinated, and carried out the Sept. 11 attacks, which were a foreseeable and intended result of their material support and sponsorship of al Qaeda." The insurers are seeking to recoup sums paid to policyholders.

REUTERS

Texas Sen. John Cornyn and New York Sen. Chuck Schumer discuss the Justice Against Sponsors of Terrorism Act , which the Senate passed last year to allow 9/11-related lawsuits against Saudi Arabia. GETTY IMAGES

TWITTER POETS

City's official PoetweetNYC poetry contest begins today

This one is for the subway writers.

The city's annual PoetweetNYC Twitter poetry contest, celebrating National Poetry Month, is open for submissions Monday at 9 a.m. through April 27 at 5 p.m.

Contest winners and their poems, selected by mayoral first lady Chirlane McCray and a panel of four other judges, will appear here in Metro New York on Poem in Your Pocket Day — April 27.

This year, the contest coincides with Immigrant Heritage Week, so poets are encouraged to write in celebration of the city's rich cultural fabric. For regular updates and highlights through the event, follow @NYCulture.

To enter the PoetweetNYC contest, write a poem in a single tweet (no more than 140 characters) and include the hashtag #PoetweetNYC. You may submit more than one entry, although creating multiple Twitter accounts will void each entry and entrant. The rules ask that material not be obscene, defamatory or inappropriate for minors.

Poem in Your Pocket day is a citywide event in which New Yorkers are encouraged to carry a poem in their pockets to share with friends and family. It is part of a month of events throughout the five boroughs to promote literacy and celebrate poetry.

AMANDA MIKELBERG

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To visit Titanic, New York banker dives deep into her savings

Renata Rojas has longed to visit the wreck of the Titanic since she was a girl, years before the ill-fated passenger liner was discovered on the seabed three decades ago.

Next year, the 49-year-old New York banker and diving enthusiast should finally realize her dream, and she is shelling out more than $105,000 for the privilege.

"I don't own an apartment. I don't own a car. I haven't gone to Everest yet. All of my savings have been going towards my dream, which is going to the Titanic," said Rojas, who last tried to visit the wreck in a 2012 centennial expedition that was canceled.

"I've made a lot of sacrifices over time."

Beginning May 2018, OceanGate Expeditions will launch a series of deep dives aboard a submersible for people like Rojas who want to see the infamous shipwreck.

The company has the only privately-owned manned research submarine in the world capable of diving to the Titanic's depth, with the other four such vessels in the hands of governments, according to chief executive Stockton Rush.

The Titanic, White Star, Liner on the stocks in Harland & Wolff's shipyard, Belfast, Northern Ireland. She sank on April 15, 1912, after striking an iceberg. GETTY IMAGES

A lack of private subs, plus the hefty price tag for commercial trips, are key reasons the site has not been explored by dive teams in 12 years. Fewer than 200 people are estimated to have ever visited the wreck.

All told, more than 50 passengers, or "mission specialists" as OceanGate calls them, will set off from the Canadian island of Newfoundland in six scheduled eight-day trips.

The Everett, Washington-based company will take nine at a time on a ship to the site, with each of them given an assignment such as photographing artifacts from the debris field. From there, they will take turns diving in the small submarine to get a close-up of the hulk.

MYSTICAL ATTRACTION

The object of their fascination is RMS Titanic, which sank in the early hours of April 15, 1912, after ramming into an iceberg on its maiden voyage from England to New York, killing more than 1,500 people.

REUTERS DOMESTIC NEWS

For more information about Rojas' trip to the Titanic, visit Metro.us.

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THE H-WORD

TOM FOREMAN
Opinion

Maybe I'm too even-tempered or I play it too safe. But I think if I were in public service I would never, ever bring up Hitler. Heck, I almost won't mention him in private conversation. Because it never goes well. Either you unfairly impugn someone as being "just as bad" when they are not; or you accidentally give someone a pass for being "not as bad" when maybe they kind of are.

So you can imagine my surprise when White House Press Secretary Sean Spicer invoked the Nazi boss's name this week, lambasting the president of Syria for a savage attack on civilians by saying even Hitler didn't "sink to using chemical weapons."

In the face of the screaming fact that millions of people — primarily Jews — were gassed by the Nazi regime, Spicer's statement was careless, wrong and ridiculous. To his credit, he quickly acknowledged all that and strapped on a hair shirt, but once again the Trump White House was hoisted by its own petard.

In political terms this was a particularly unfortunate mistake. After all, Spicer and his colleagues have practically made a cottage industry out of cleaning up after the president's misstatements. Time and again, President Trump has launched outrageously false claims, or loosed his cannons at undeserving targets, or just tweeted something wacky, sending his defenders scrambling for rhetorical mops and buckets. You'd think that would make Spicer — the main man in the bucket brigade — a little more cautious.

Strangely, Spicer's misstep came after what is roundly being hailed as a militarily solid move by the president. Whether you support it or not, the missile attack on Syria to punish the Assad regime was timely, limited and accompanied by surprisingly muted rhetoric from Mr. Trump. I can well imagine after months of ridicule from their opponents, some of the White Housers went home feeling, if not happy, at least satisfied that they'd handled a grave matter in a grownup way that even mainstream D.C. could respect.

Then this came along.

So, Sean, forget about World War II. Leave Hitler in the history books. Because I've said it before and it still runs true: The worst enemy most White House teams face is themselves.

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					3 people	$38,502 - $48,960
					4 people	$38,502 - $54,360
	3 bedroom	$1,247	1	➡	3 people	$44,605 - $48,960
					4 people	$44,605 - $54,360
					5 people	$44,605 - $58,740
					6 people	$44,605 - $63,060

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings include salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect.: or mail application to P.O Box on the application. To request an application send a self-addressed envelope to 181 FRONT STREET c/o St. Nicks Alliance, 260 Powers Street, Brooklyn, NY 11211. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 1, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**181 FRONT STREET c/o St. Nicks Alliance, 260 Powers Street, Brooklyn, NY 11211**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申 请或邮寄书面申请2017年5月 1日

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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Needs To Know - Before Or After Knee Replacement Surgery

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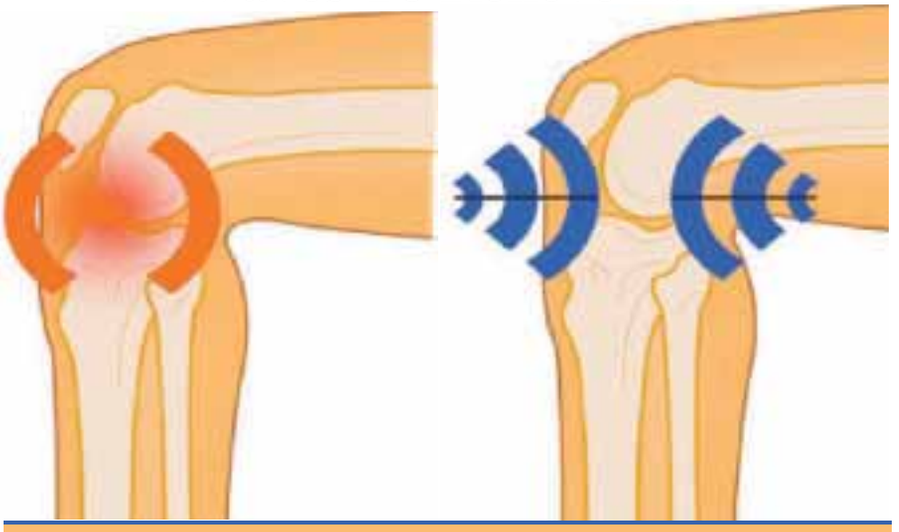

Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

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Wall Street banker Cohn moving Trump toward moderate policies

Cohn is a key administration link to business executives and White House sources say he will lead the charge for Trump on top domestic priorities such as tax reform, infrastructure and deregulation.

In a White House marked by infighting, top economic aide Gary Cohn, a Democrat and former Goldman Sachs banker, is muscling aside some of President Donald Trump's hard-right advisers to push more moderate, business-friendly economic policies.

Cohn, 56, did not work on Republican Trump's campaign and only got to know him after the November election, but he has emerged as one of the administration's most powerful players in an ascent that rankles conservatives.

Trump refers to his director of the National Economic Council, as "one of my geniuses," according to one source close to Cohn.

More than half a dozen sources on Wall Street and in the White House said Cohn has gained the upper hand over Trump's chief strategist, Steve Bannon, the former head of the right-wing website Breitbart News and a champion of protectionist trade opposed by moderate Republicans and many big companies.

Gary Cohn GETTY IMAGES

"Gary's singular focus is tax reform and he's working to try and get that done in 2017," said Orin Snyder, a partner at law firm Gibson Dunn and a longtime friend of Cohn.

"He is working to implement the president's twin goals of economic growth and job creation. The tax plan will also include a reduction in the corporate rate, but also tax relief for middle- and low-income Americans."

Some conservatives fear Cohn may push through a tax plan that is unnecessarily complicated and argue that including tax relief for middle- and low-income Americans would not spur economic growth as much as cuts focused entirely or mostly on businesses and entrepreneurs.

Adam Brandon, president of the conservative group FreedomWorks, is disappointed Trump is not charging ahead with a plan unveiled last year during his campaign that would slash taxes on businesses and wealthy individuals. REUTERS

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Selena Gomez and The Weeknd's Coachella PDA is a lot

PDA is the only way to prove that you care about someone. Especially if there are paparazzi around. So Selena Gomez and The Weeknd went to Coachella to go make out. Duh!

The "Wizards of Waverly Place" actress shared a rare picture of her and boyfriend The Weeknd — real name Abel Tesfaye — on Instagram with their arms wrapped around each other. And the kids went wild: The snap has already garnered 5.3 million likes, which, to be honest, is excessive.

"She wants the world to know they're together," a source tells Us Weekly. "She only does that when she's really dating someone." You mean, she only wants people to know she's with someone when … she's with someone? My, my. Kids these days.

I have zero investment in this relationship, but if it's going to give Gomez the social media revenge against Justin Bieber she needs, so be it.

INSTAGRAM/@ SELENAGOMEZ

Janet Jackson wants you to know she's totally fine

Allow Janet Jackson to assure you: Despite all of this divorce drama, everything is A-OK.

The pop icon, who is in the process of divorcing her third husband, took to Twitter to share a photo of her and her 3-month-old son, Eissa Al Mana. I can exclusively confirm, right here and right now, that he is a very good looking baby.

Kind of reeks of an attempted misdirection, doesn't it? I mean, this picture is the first time the 50-year-old has posted to Twitter since November of last year. Is Jackson trying to change the conversation?

If so, her soon to be ex-husband, Wissam Al Mana, is totally in on it. According to E! Online, the Qatari billionaire shared a heartfelt message on his personal website entitled "Love" directed at Jackson. "To the most beautiful person in the world, thank you for your divine love, your eternal support and for being my best friend," he wrote. "I love you so much, inshallah [God willing] we will be together in the Great Forever x." No word yet on why Al Mana has a personal website, or why he's using it as his personal, emo internet diary.

Anyway, that's a nice try, you guys. But a picture of a cute baby and a prose poem are not going to distract us from the delicious drama of your divorce, or the mysterious differences that led to your split.

TWITTER/@ JANETJACKSON

the word

RACHAEL VAUGHAN CLEMMONS
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Meet Britney Spears' not famous, mystery boyfriend

This weekend, Britney Spears shared her attempts at a candid photo of her and her boyfriend, Sam Asghari. The 35-year-old and her boyfriend were spending some time together in Malibu, which doesn't seem particularly exciting, but maybe visiting Malibu is their version of kink.

More importantly, you're probably wondering: Who even is Sam Asghari? Same. Here's what we know about the former Mousketeer's mystery dude.

He's 23 years young.
In March, the pair celebrated Asghari's 23rd birthday with a scenic hike and an Instagram picture. This appears to kind of be their thing.

A younger guy kind of makes sense for Spears who, no shade, sometimes appears to be suspended in a sort of permanent adolescence. But like, in a totally chill way.

They met on the set of her "Slumber Party" video.
The pop star opened up about meeting her beau while making an appearance on Amp 103.7's "Fast in the Morning." According to Just Jared, the two beautiful, boring people bonded over their love of sushi, which is basic AF. "I kept his number, and it was so weird because it was like five months later that I found my number in his bag." That's right. He wrote his number on a piece of paper instead of using his phone. Adorable. "I was like … 'This guy was really cute!' so then I called him." OK!

Spears is right though, he *is* really cute.
Asghari moved to California from Iran nine years ago, and his face is really inoffensive to look at. He's got that classic combination of being young, tall, dark and handsome which is definitely not horrible.

Also he works as a personal trainer slash fitness model slash token hot guy in women's music videos, so. He's kind of living the dream.

This is definitely a win for Spears, and she deserves a win. Well done in catching yourself a hot, young thing, Spears. Not to be lame, but let's hope this relationship is anything but "Toxic," LOL.

Britney's new beau is just 23. ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

Is Nina Dobrev dating Orlando Bloom, and why?

Orlando Bloom, like Johnny Depp before him, has found a new hot young thing to suck the youth out of. Hooray?

People reports that the two relatively attractive actors have decided this is the time to make the ill advised leap from friends to friends with benefits. A source — I'm assuming at this point it was Bloom's 6-year-old son, Flynn — tells the magazine that Bloom, 40, and Nina Dobrev, 28, are definitely not exclusive or anything. "Recently they've been hanging out as more than friends. It's super casual."

Desperate to prove that this relationship is indeed of the super chill variety, the "Elizabethtown" actor was reportedly all over a model named Ashley Haas while Dobrev partied 15 feet away at a Coachella party on Friday. Because it's not like, disrespectful. It's just like, casual.

And he's young and virile and definitely not past his prime, and he just needs everyone to know that, OK?

Bloom most recently dated Katy Perry, and they were the kind of couple you try to avoid at all costs. Dobrev, former star of "The Vampire Diaries," dated Ian Somerhalder, 38, for several years before splitting in 2013. So older dudes are kinda her thing.

Oh, and by the way? "Elizabethtown" was a major flop and is one of the worst films I've ever seen.

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The Bond girl who told Hollywood to suck it

Gemma Arterton vastly prefers to make small films, like the World War II drama "Their Finest."

MATT PRIGGE
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Gemma Arterton plays a screenwriter working on an inspirational English propaganda film during World War II in "Their Finest," now in theaters. STX ENTERTAINMENT

You might know Gemma Arterton as a Bond girl. When she started out, the English actress appeared in blockbusters like "Quantum of Solace," "Clash of the Titans," "Prince of Persia," even "Hansel & Gretel: Witch Hunters." She doesn't do those anymore. For the past five years, she's turned herself from Hollywood's next "It" girl into a serious and respected thespian who makes indies, in England and even in France. In fact, she just headlined George Bernard Shaw's "Saint Joan" in London.

This month, she's staring in "Their Finest," a docudrama that focuses on the English film industry during World War II. She plays a screenwriter hired to pen the female dialogue for a propaganda film — not an evil propaganda film, like you'd see today, but one meant to raise morale and inspire optimism among the English population as their country is blitzed by Axis powers.

The film they're making in "The Finest" is kind of like "Moonlight" meets "La La Land": It's socially conscious but it also wants to be mainstream entertainment.

It's what they say in the film: "authenticity infused with optimism." You want people to feel something they can relate to, but is also optimistic. It's interesting how films come out and then an event will happen that makes it seem really relevant. I did this small film last year called "The Girl With All the Gifts," which came out after Brexit. It's all about people turning against foreigners and people who are different from them. It came out and it just felt so relevant. That's the weird thing about art.

GETTY

They take so long to make that there's no way to know what will happen before they come out. Then they seem to speak to the times, but by accident.

There's no way we could have known what was going to happen. I Just did a production of "Saint Joan" in London, and we decided to set it in the financial district now. When I'm on trial, all these men in suits are trying me. It felt so relevant after the election, and with what was going on with women in America speaking out. But we had decided to do it in that style six months before the election happened. People kept coming to see it and saying, "It's so relevant!"

You almost exclusively work in independent and French films now, which is a shock to those who know you from blockbusters, like "Quantum of Solace" and "Clash of the Titans."

Yeah, it's been quite a shift. It's been a really good shift, though. I wasn't very happy or at all fulfilled. It's like when you have loads of crap in your room. You just throw it out, and then you can see clearer. That's how I felt. I didn't need all of that crap, and it wasn't serving me. Now I can see properly and I've got space. It's much better that way.

It's good to get away from what's popular or trendy.

You have to find people who are on the same page as you. I thought the film industry was just Hollywood blockbusters. I thought that was how everyone felt. Those were the people I was around. When I left that, I was like, "Oh no, there's a different way of doing it! There's loads of people who don't feel it should be this way. So go with them instead."

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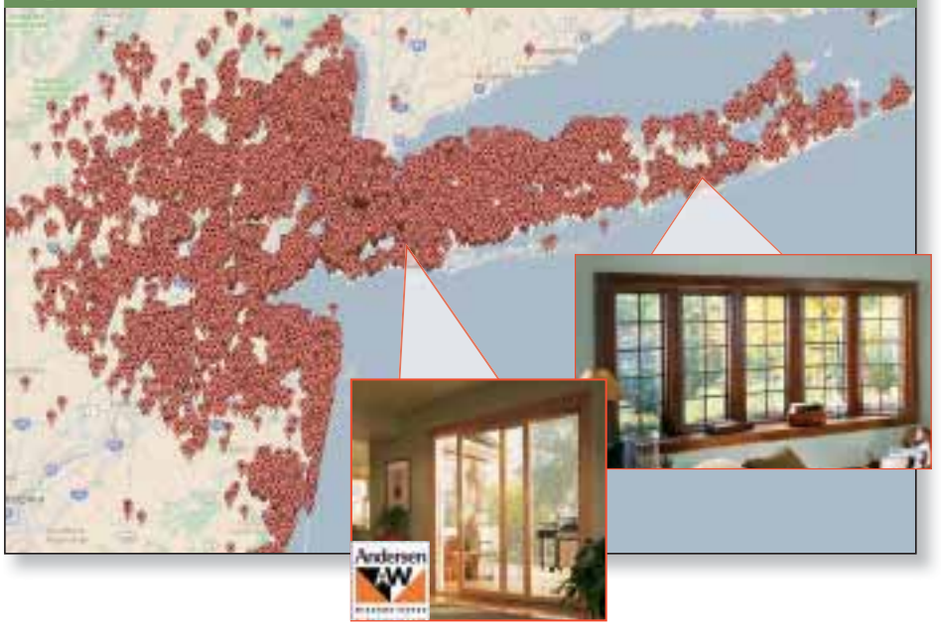

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Carrie Coon is one to watch in 'The Leftovers' and 'Fargo'

The actress stars in two of the season's most anticipated dramas.

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Carrie Coon as police chief Gloria Burgle on Season 3 of "Fargo," premiering Wed., April 19 on FX. FX

Coon also stars as Nora Durst on 'The LefTovers,' which premiered its third and final season Sunday night. HBO

Carrie Coon calls in from Calgary, Canada, on an early spring day when it's not quite cold enough so "the poor bastards" have to truck snow down from the mountains and wheelbarrow it all over the set.

She's wrapping "Fargo" Season 3, Noah Hawley's true crime anthology inspired by the Coen Brothers' 1996 film, which of course requires a heavy blanket of snow to get the full effect of characters mired in both the landscape and quandaries of their own making.

The actress has a leading role as police chief Gloria Burgle, a stoic single mother Coon describes as "the least Minnesota nice of the Minnesota nice sheriffs," after the film's Marge Gunderson (Frances McDormand) and "Fargo" Season 1's Detective Molly Solverson (Allison Tolman).

The 36-year-old also returns to "The Leftovers," which premiered its third and final season Sunday. In Damon Lindelof's apocalyptic drama, she stars opposite Justin Theroux as Nora Durst, a grief-stricken woman who struggles to make sense of a world that has mysteriously disappeared her husband and children, along with 140 million others.

On the surface, the shows don't have much in common, but I have felt they both depict doomed characters in hopeless situations. When I mention this to Coon, she laughs.

"I don't see it that way at all! Both of these shows reveal more about the viewer than they do any of us. Are you feeling doomed and hopeless, Kate?"

The Chicago native, whom you probably recognize as Ben Affleck's sister in "Gone Girl," says ultimately, both series are about how resilience gets people through the most maddening of circumstances. That reminder couldn't come at a better time.

GETTY

"The Leftovers" has an apocalyptic bent, and with each season of "Fargo," you know things are bound to go wrong.

They share moral ambiguity.

Any comparison between Gloria and Nora?

They both don't suffer fools. They have a kind of phlegmatic steadiness — although we see what happens with Noah [Hawley] and Damon [Lindelof] are similar. They're both very fine alembics for the time we're living in. In some ways I feel that the world has caught up with "The Leftovers." It's about collective grief and how we make meaning, and I feel that a lot of the people I know and love are really struggling to do that right now. Likewise, Noah is perfectly willing to put these characters we care about into challenging circumstances and the viewers watch them try to make sense of the world that they're in. There's never a pure moral victory in "Fargo." The hero is always flawed and they never win without a cost.

Right, you are Midwestern!

These are my people, through and through. This kind of stoicism and this quality of believing that bad things don't happen to good people and that there's a way to make sense of the world around us. That's definitely a hallmark of the place I grew up. Gloria's looking for a logical explanation for what's happening. And if the world is meaningless, that undermines her sense of purpose entirely.

Will we get any answers this final season of "The Leftovers"?

I found the ending — where we leave Nora — very satisfying. I love the kind of atavistic perspective we bring to the show by going down to Australia. There's a clash of cultures really, of the primitive roots of our spiritual life and the Judeo-Christian ethic we've been dealing with. For me that mystery is really stimulating. Nora is discovering the place just as we are. It could have been a really explosive, shocking ending, and instead the ending they chose is deeply personal and specific and about relationships. If you were to talk to [Damon] about his own world view, [he'd likely say] the meaning gets made between people, and that trumps everything else.

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RuPaul: 'Learning to love yourself is the most important thing'

Figuring out our personal motivations makes us human.

LUCÍA HERNÁNDEZ
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The world's most famous and successful drag queen, RuPaul, premieres the eighth season of "RuPaul's Drag Race" on April 22 on VH1. He chats with us about the most concerning battle facing the LGBT community and how he stays centered in a world of Trump and division.

How do you keep the show fresh?
That's thanks to the participants. They are really the soul of the program. With their energy and freshness, they are the ones that have kept the show in force all this time. It is very interesting to meet them because many come from small towns from the U.S., where they have had to fight their own battles and demonstrate that they can live on their own terms. So, when they arrive to the show, they're superheroes and that's what makes them special in my eyes.

Do you remember any particular story?
Yes, in this eighth season Kim Chini, the queen of Korea, talked about her problems in a very funny way, acting them out and that was a great moment. Now we have many queens who are internet stars — that is, they know about make-up, costumes but they do not have experience on a catwalk, acting or live presentations. So watching them evolve into more complete artists is a lot of fun.

The LGBT community continues to face many battles, which concerns you most?
The same one that every human being faces, which is not a gay right but a human right, and that is why everyone must rise. Beyond laws, we must discover that we have more in common with each other than what we believe. I believe that the greatest misunderstanding of human beings is believing that we are separated from one another or that we are different from each other. We are a single entity, and people forget that very easily and that is what hurts my heart. And if you think about it, it's the same thing that hurts us all. We are not separate.

RuPaul in and out of costume. ALL PHOTOS GETTY IMAGES

What is the message you would like to convey to younger people?
The same message I have had from the beginning: Learning to love yourself is the most important thing you can do in your life. Learn what you are, what makes you happy, what moves you, what motivates you to get out of bed and pursue it. What motivates me is love, laughter, beauty, dance, acting. Discovering those personal motivations is what makes us human.

On April 22, the eighth season of "RuPaul's Drag Race" premieres on VH1 at 9 p.m.

What is "RuPaul's Drag Race" about?

The program brings together 12 of the best drag artists, who will have to go through countless extravagant and unpredictable challenges to demonstrate their charisma, uniqueness and talent. The crown is a cash prize of $10k and the title of "America's Next Drag Superstar," in addition to achieving greater exposure and winning more fans.

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jobs & education

How a gap year can benefit you

A gap year gives students hands on experience. ISTOCK

Taking time off before college may actually help students get on track with their career.

SARA FEINSTEIN
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Taking a gap year is back in the spotlight — and you can thank President Barack Obama's daughter, Malia. Of course, she's not the first one to dive into the idea, but she might be on to something.

The idea of taking a break to travel or volunteer without the burden of academic schedules is an alluring concept for high school students. And that's not because they're ditching the textbooks and hitting the beach, says Ryan Pendoley, founder and CEO of Thinking Beyond Borders, a gap-year program. "There's a lot of fear for parents and for students that a gap year is some kind of a glorified vacation or that it's going to be a distraction from academic success and graduating from college," he explains. But none of that is true. "The research shows that students actually perform better in college and get more out of school when they take a well-structured gap year."

We spoke with Pendoley and the executive director of the American Gap Association, Ethan Knight, to find out how students can benefit from this unrestricted exploration outside the classroom:

Stand out from the pack

Noting a gap year on your resume is a great way to highlight your individuality, says Knight. The "gap-year conversation" also usually ends up taking the bulk of the interview, he explains, "because it's the most interesting thing that you've done."

While other students might have been a part of school clubs and kept straight A's, there aren't many students who can say they traveled to India to volunteer in community health clinics. In that sense, "It's a way to demonstrate that there's much more dimension to you, and that you might have more to contribute to the workforce, to your team and, just as importantly, that you have understanding of different cultures," he explains.

Discover your interests

"I like to think of a gap year, in its highest evolution, as a way of trying to figure out if [your career choice] is actually what you would enjoy doing every day," says Knight. By getting hands-on experience — all aspects of a gap year incorporate some element of "learning by doing" — students essentially get to experiment with a career before they buy into it, he explains. That could mean working at a technology startup and discovering your passion for coding, or volunteering in the public-health sector and realizing you want to go pursue nursing.

It could also be a rude awakening to the nature of certain careers. "The classic analogy is, I want to major in marine biology, but it's not until the end of my junior year that I realize that marine biology is mostly lab work, there's very little time in the ocean. But now I'm two years into my bachelor's degree with a mountain of debt, and it's like, 'Well, I've got to stay on course,'" he explains. "Wouldn't it have been nice to know that earlier?"

Gain real-world perspective

While much of our college time is spent studying theories, says Pendoley, "a gap year is a way to go out and get real-world context for those theories." In other words, it's a way to turn textbook knowledge into reality, he explains.

That means truly delving into issues and watching them unfold. Knight uses the example of environmental theory: "We can talk about environmentalism, but it's not until you go overseas to a heavily deforested area where you're planting trees and talking to locals that you begin to understand the complexity and interrelation of everything."

And this real-world knowledge later finds its way into the college classroom, Pendoley says. By the time you get to college, "you're not just taking one theoretical thinker and bouncing off the ideas of another, and then trying to incorporate some interesting piece of that into your papers," he explains. "You're actually bringing your own experience from the field into the conversation."

JOBS FOR THE FUTURE

A psychiatrist's salary isn't the only perk of the job

The demand for psychiatrists iscontinuing to grow. ISTOCK

LEARN ABOUT THE TOP CAREERS OF 2017

The United States has a huge shortage in the field.

SARA FEINSTEIN
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sara.feinstein@metro.us

Those who are interested in the human element of medical care and the emotional rewards that come from interacting with patients might want to consider a career in psychiatry. And that's only one benefit of entering the field, which is slated to rapidly expand to meet the increase in demand for mental-health services.

We spoke to Dr. Tristan Gorrindo, a practicing psychiatrist and the director of education at the American Psychiatric Association to find out more about the profession.

What does a psychiatrist do?
Psychiatrists are physicians who work to treat disorders that affect the brain, says Gorrindo. "That can span the range from emotional related disorders all the way through substance abuse and other behavioral disorders," he says.

They make diagnoses and come up with treatment plans that can include talk therapy, medications or psychosocial interventions.

What schooling do you need to become a psychiatrist?
After completing their undergraduate program, prospective psychiatrists have to take the Medical College Admission Test, and then complete four years of medical school, says Gorrindo.

Then comes a residency in psychiatry, which is a minimum of four years — and that's only the beginning.

"If they want to specialize in child psychiatry for example, that's an additional two years, or addictions, that's another year," he says.

"I used to tell my family that I was finally going to graduate from 25th grade," says Gorrindo. "It's a long road, but a good road."

What's the typical salary for a psychiatrist?
The median annual salary for psychiatrist is $187,200 according to the most recent reports by the Bureau of Labor Statistics. The best-paid 10 percent in the profession made $194,000, while the lowest-paid 10 percent made $61,3300.

Is it hard to find employment?
"It turns out the United States has a huge shortage of psychiatrists, so it is not difficult at all to get a job after you complete your residency," says Gorrindo.

In fact, the Bureau of Labor Statistics expects the profession to grow 15 percent from 2014 to 2024, resulting in 4,200 new jobs.

The pros
According to Gorrindo, the best part of psychiatry is that "we still get to spend a significant amount of time with our patients and really get to know them and their life story.

"Many times you're really connected to your patient for months, or even years, and so getting to see your patients get better, re-engage in the world and get their lives back on track is very rewarding," he says. "It's one of the things that I'm most grateful for."

The cons
One of the biggest issues psychiatrists face is the stigma surrounding mental illness, Gorrindo says.

Not only does that keep people from seeking care, but it contributes to inequity in the health-care system.

"Sometimes insurance companies have special sets of rules for treating mental-health conditions that they don't have for treating more traditional medical illnesses, so we're constantly having to fight those kind of administrative battles."

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Knicks need to start appeasing Kristaps Porzingis

The more Phil Jackson and Co. frustrate Porzingis, the more likely he will leave.

JOE PANTORNO
@joepantorno
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Kristaps Porzingis will take an extended holiday after growing frustrated with the Knicks. GETTY IMAGES

Somehow, some way, the Knicks as an organization find new ways to sink to new lows with every passing year.

Just a few days into their offseason and the crack lines within the foundation are alarming enough to legitimately worry about not just next year, but for the foreseeable future.

Carmelo Anthony and Derrick Rose will likely not be with the team next year, Joakim Noah's suspension and injury have made his monster contract look like a disaster and president Phil Jackson continues to practice questionable techniques with the franchise and the media.

Through the smog of impending doom and gloom, there has been a bright spot for the last two seasons that Knicks fans could take solace in, which is the continued development of Kristaps Porzingis.

The young Latvian big man is no doubt the future of this franchise after a sophomore campaign that saw him record 18.1 points, 7.2 rebounds and two blocks per game while shooting over 35 percent from three-point range.

But Jackson's handling of the organization has taken its toll on Porzingis, who needs a break.

The 21-year-old skipped his end-of-season exit interviews with management and is planning to take an extended trip back to his home country that might not see him return until later this summer, per ESPN's Ian Begley.

The reason? According to Begley, it's because the team exhibited a "lack of direction." Basically, the dreaded triangle offense continued to rear its ugly head into the Knicks offense.

A convoluted offensive system that won Jackson 11 titles with the Chicago Bulls and Los Angeles Lakers has not worked in New York as the Knicks lost 166 games in the three full seasons he has been at the helm.

That lack of consistency made it nearly impossible for the Knicks to find any rhythm and with off-court issues aplenty, the once-believed playoff contender stumbled to a fourth-straight postseason-less campaign.

The Vertical's Adrian Wojnarowski added that Porzingis is not alone with his frustration with the team.

Multiple teammates are "privately fuming" and have no desire to take part in New York's offseason triangle offense training

Jackson and Knicks management need to realize that they don't have much to work with if they are set on dealing Anthony and letting Rose walk in free agency.

There is a chance to obtain promising talent in this year's draft, but Porzingis needs to be the face of the franchise next season and beyond.

Getting on his bad side will only make the chances of driving him out of town far greater and will leave the team with nothing.

A solution? Abandon the triangle, give head coach Jeff Hornacek the offensive reins and try to keep Jackson quiet for the next two years of his contract.

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1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453.

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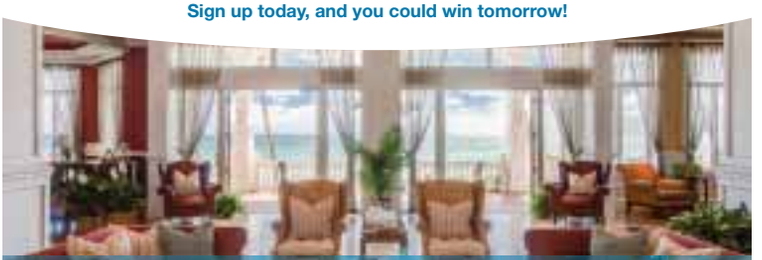

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Bucky Brooks: Giants should go O-line in first round

The NFL Network analyst explains why the Giants should focus on protecting Eli Manning.

KRISTIAN DYER
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In order for Eli Manning and the Giants to take the next step, the offensive line has to be addressed during the 2017 NFL draft. GETTY IMAGES

Last year, New York Giants fans were hoping that their team would draft an offensive lineman with their first-round pick. Instead, the Giants went with a cornerback and didn't take a single offensive lineman at any point in the draft, something that might change this year.

Former NFL cornerback Bucky Brooks, now draft insider for NFL Network, thinks the Giants should add to either their offensive or defensive line. Given the investment last year in free agency to the defensive line, it would be head-scratching for the Giants to add another pass rusher.

Then again, the Giants bucked conventional wisdom last year and general manager Jerry Reese has done exceedingly well when he stockpiles pass rushers.

The Giants, however, had one of the worst offensive lines in football last year. This year, a good offensive line might ensure a deep run in the playoffs with Eli Manning under center.

"With the New York Giants, they typically build their team up front. I'm thinking offensive line, defensive line is probably the way to go. Really offensive line when you look at their void on the edges, I believe they look to get a people mover, someone who is athletic enough to play left tackle so they can move somebody to the right," Brooks said Wednesday in a conference call with the media. "It allows them to look at [Ryan] Ramczyk, Garett Bolles, maybe Cam Robinson. Cam Robinson to me would be more of a natural right tackle. I believe they have to focus on finding an offensive lineman that can come in and start and allow their offense to be complete."

The Giants hold the No. 23 pick in the NFL draft. The last time they took an offensive lineman in the first round wasn't too long ago when they selected starting left tackle Ereck Flowers in 2015.

However, he and opposite offensive tackle Bobby Hart were ranked as the worst duo at their positions in the NFL by Pro Football Focus and clearly call for an upgrade come 2017.

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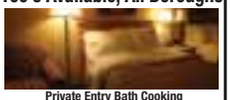

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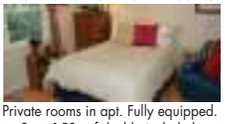

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David Dikman, Esq. Referee.
McCabe, Weisberg & Conway, P.C.
Attorney(s) for Plaintiff
145 Huguenot Street, Suite 210
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NOTICE OF SALE

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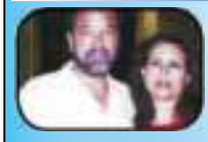

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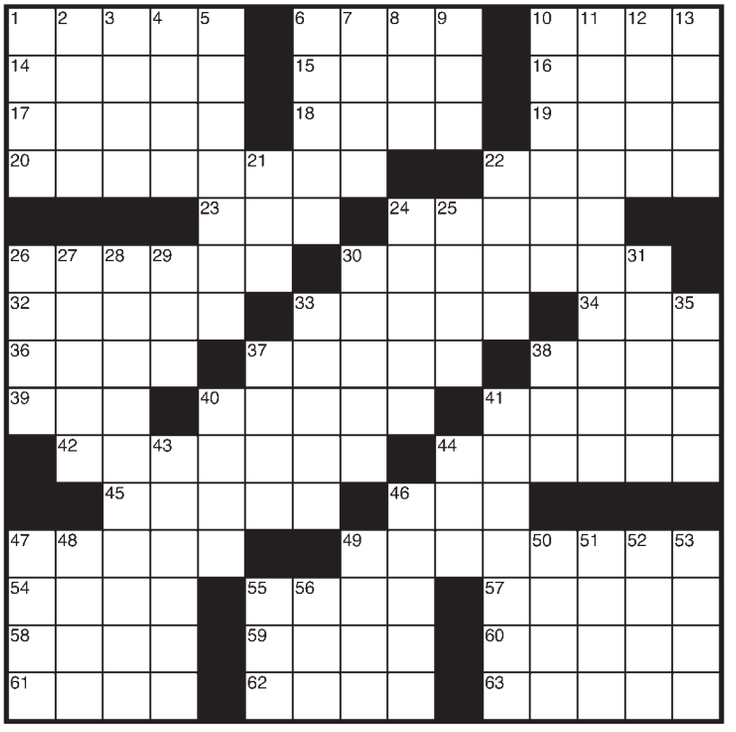
Across
1 Recital pieces
6 Tarzan's mate
10 Come again?
14 Disney site
15 New Age singer
16 Chariot race locale
17 Posh hotel lobbies
18 Stead
19 Love god
20 Ump's call (2 wds.)
22 Sheiks' garments
23 Scale meas.
24 Conductor -- Reiner
26 Hurrah!
30 Trench digger
32 Down the road
33 -- diem
34 Utmost degree
36 Chef Graham --
37 Mete out
38 Sewing kit
39 Drain, as energy
40 London chap
41 Knife part
42 Go backward
44 More lofty
45 Slight amount
46 Is able to
47 Ferocious eel
49 Surpassing
54 Auction site
55 Business VIPs
57 Krishna's land
58 Diet
59 Triumphal edifice
60 Cash drawers
61 Forest grazer
62 Roentgen's discovery (hyph.)
63 High-priced

Down
1 Like Beethoven
2 Capable of (2 wds.)
3 Pantyhose shade
4 Exert oneself
5 Housed a horse
6 Thickens
7 Indigo dye
8 PBS "Science Guy"
9 -- de cologne
10 Holly item
11 Lying down
12 Running wild
13 Hardy heroine
21 Mr. Vigoda
22 Long walk
24 Danish islands
25 Sales slip (abbr.)
26 Wild oxen of Tibet
27 "-- -- You Knocking"
28 Commit, as a crime
29 Duffer's goal
30 Stops short
31 Piano exercise
33 Intimate
35 Yesterday, in Nice
37 Baldwin or Guinness
38 Architect's wing
40 Laugh loudly
41 Desperadoes
43 Dingier
44 Trim a doily
46 Like some jobs
47 Blend
48 Tony's cousin
49 Ocean predator
50 Don't bet -- --
51 Not employed
52 World's longest river
53 Huff and puff
55 Von Sydow of films
56 Menacing sound



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easy

2	9	8						
			3					
				4	2	7		8
9	5		2			1		7
7			1		8			4
1		4			5		9	2
5		6	8	1				
					3			
						9	2	5

hard

	2							7
6				3	2	5		
	5		4	8				
4			2	1		7		
1	3						9	8
		2		9	5			6
				2	4		7	
		9	1	6				4
3							6	

metro.us/horoscopes

Aries See each matter through to the end. Don't rely on others to take care of your responsibilities. Stay focused on what's important and be cautious about your health.

Taurus Take the initiative and go after what you want. Don't let anyone stop you from reaching your goals. Stick to your plan and finish what you start.

Gemini Look at what you have, not at what you lack. It's up to you to choose how to live. Don't let others make choices for you. Do what makes you happy.

Cancer Don't worry about what others are doing. Stay focused on what's important to you. Live in the moment and surround yourself with the things and people that matter.

Leo Get work out of the way before you tend to personal matters. Someone will pressure you if you make a promise without delivering on it.

Virgo Set high standards and live up to your promises. You have plenty to gain if you maintain a positive attitude and are open to unusual approaches.

Libra Ask before you make changes at home that might not sit well with a partner or someone you live with. Getting the green light will help you avoid a setback.

Scorpio Choose to put greater emphasis on personal pursuits, romance and relationships. The less communication with your colleagues, employer or institutions, the better.

Sagittarius If you want to make changes, go about it the right way. If permission is required, seek it out first, and if you need more information, do your research.

Capricorn Say what's on your mind and clear the air. You'll feel better and will be free to move forward with your plans once you know you have nothing to hide.

Aquarius Don't let temptation lead you down the wrong path. Be responsible, and if you really want to make a move or change, do so for the right reason.

Pisces Follow your intuition when dealing with your peers or negotiating a contract. Advancement can be yours if you ask for more responsibility. EUGENIA LAST

Yesterday's answers

D	I	S	C	S	■	E	P	I	C	■	S	T	E	P
I	N	T	R	O	■	B	E	S	O	■	L	U	R	E
C	U	R	I	O	■	E	S	A	U	■	A	T	O	P
E	R	I	N	■	B	R	O	W	N	S	T	U	D	Y
D	E	P	O	S	I	T	■	■	T	H	E	S	E	S
■	■	■	I	T	O	■	A	R	I	E	S	■	■	■
B	A	D	D	Y	■	A	M	A	N	A	■	J	A	W
A	B	A	S	■	C	L	U	N	G	■	A	I	D	E
A	U	G	■	F	L	A	S	K	■	A	L	G	A	E
■	■	■	B	L	A	S	E	■	O	F	T	■	■	■
M	U	S	E	U	M	■	■	S	A	T	I	R	E	S
O	N	T	H	E	B	L	I	N	K	■	T	A	X	I
O	D	I	E	■	E	A	S	E	■	B	U	Y	E	R
N	U	L	L	■	R	I	L	E	■	A	D	O	R	E
S	E	E	D	■	S	T	A	R	■	T	E	N	T	S

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